

Research on Influencing Factors and Intervention Methods of College Students' Psychological Resilience

Liu Fangfang

Heilongjiang Bayi Agricultural University, Daqing Heilongjiang 163319, China

ABSTRACT. *Psychological resilience is a key issue in psychology. It is not only closely connected with psychological health, but also has profound significance for psychological health. Improving college students' psychological resilience helps maintain an optimistic attitude and harmonious interpersonal communication, and also enhances the college students' tolerance and self-efficacy in solving problems. The college students' psychological resilience is affected by multiple factors. In order to fully develop the college students' personal qualities, higher education should pay more attention to this aspect. This paper attempts to find out the intervention methods that can effectively improve the college students' psychological resilience by analyzing the characteristics and current situation of contemporary college students' mental resilience, so that educators can better grasp the psychological characteristics of contemporary college students and make more reasonable suggestions for college students' psychological health education.*

KEYWORDS: *Psychological resilience, College students, Psychological health education*

1. Introduction

Psychological resilience can also be called “psychological resiliency”, which refers to the psychological literacy and individuals solution ability who can better adapt to the current environment when they encounter life setbacks, grief, or other major stresses in life. It also refers to the “rebound ability” which means the solution of setbacks. It is influenced by factors such as resources, abilities and skills within individuals, families or communities. When people are faced with extreme risks, these factors become very meaningful. For example, people with strong resilience are more likely to show greater flexibility and tolerance for new experiences and easily overcome the difficulties that they are faced with through self-regulation. Therefore, mental resilience plays an important role in the process of normal adaptive operation and promotes individuals to adapt to great risk challenges.

College students are the main force of national construction. They are at the crossroads of their career development process. They are faced with a series of real and practical problems. Once handled improperly, they may lead to various psychological crises and problems. The purpose of this article is to find and summarize the current status and characteristics of college students' psychological resilience, so as to explore the intervention methods of college students' psychological resilience, and to better provide educators with ideas for college students' mental health training and reference suggestions for the development of college students' mental health, which helps college students thrive.

2. The Status Quo of College Students' Psychological Resilience

With the continuous development of economy and society, the pressure of multiple factors such as academics, careers, and families has become a challenge that college students have to actively respond to. However, due to the relatively weak self-regulation ability and the relatively lack of psychological tolerance, college students' mental health education has become the focus of higher education. The cultivation of mental resilience is not only the focus of mental health education, but also the expansion of mental health education. Nowadays, the mental health education carried out among college students seems to be the main tone of mental health education, and entertaining and improving health have become the focus of mental health research. However, this blind education also reduces the effect of college students' mental health education greatly, which can not play a good nurturing role in the college students' development, and which is actually a misinterpretation of mental health education. The interpretation of the concept of mental resilience can supplement and reconcile this blind education. Integrating mental resilience education into the current mental health education environment, striving to cultivate students' awareness of potential risk predication, always maintaining a clear mind and an active

mental state, cultivating students' determination and courage to overcome difficulties, and subtly using one's own abilities and potential to find problems can make students think about problems and finally solve them by themselves. Therefore, psychological resilience education deserves the attention of higher education, and higher education personnel should also strive to put it into concrete practice. At the same time, enriching the diverse educational links of college students' mental health also needs the attention of researchers.

3. The Importance of Improving College Students' Psychological Resilience

Strong psychological resilience can make college students have greater ability to withstand adversity and stress, and college students can have greater ability to repair frustration.

First, improving mental resilience helps college students maintain an optimistic attitude. When faced with difficulties, they can alleviate the pressure in the heart, eliminate bad emotions, and ease the inner emotions. Second, improving mental resilience can help college students maintain harmonious interpersonal communication. Ingenious interpersonal communication strategies can shorten the distance between people. In the art of communication, they can better cultivate the ability and skills of college students to adapt to the society, respect others, and understand others, so as to develop their own inner literacy. Thirdly, improving psychological resilience helps enhance the bearing capacity of college students to solve problems. It is beneficial for individuals to solve different adversity problems with a better and upward attitude, seek external support, improve their ability to resist setbacks and adversities, thereby reducing the negative emotions caused by setbacks and improving the physical and mental health of college students. Finally, improving mental resilience helps to enhance college students' ability to anticipate the outcome of things. It encourages college students to have the confidence and courage to paint their own grand blueprints, to have lofty expectations for their goals, to remain calm and handle problems rationally, to exert their wisdom and ability, to cultivate a positive and optimistic attitude, and to strive to meet challenges.

4. The Influencing Factors of College Students' Psychological Resilience

4.1 The Social Factors

In recent years, it has been difficult to find a job in the job market, the competition for talents has become increasingly fierce, and society has gradually revealed new challenges to the college students' psychological resilience. Anxious psychological conditions, easily collapsed psychological qualities, and heavy psychological pressure are on the shoulders of college students. They will jump out of this comfort zone to usher in their own lives one day. How to cultivate the ability to adapt to society in the university life and how to change one's own social role becomes a question worth considering for college students.

4.2 The School Environmental Factors

The teaching mode and training methods of the colleges are very different from those in the middle school, and college students are inevitably adapted. The core of this trend is to stimulate students' potential for problem analysis and resolution, and their ability to operate practical problems in life. In order to adapt to society, in addition to learning professional knowledge, the cultivation of professional skills and personal development are more important, and students must constantly enrich their talents.

4.3 The Interpersonal Factors

College students from all over the world leave their hometown and their parents and live alone. Teachers, classmates, roommates, etc. become family members who get along day and night, and college students whose communication skills need to be strengthened need to deal with interpersonal relationships alone. They are eager to have friends who can share everything, but also they want to have a world alone in this huge campus. Over time, it is inevitable that there will be contradictions in the heart, not only want to talk freely with people, but also hope that everything is self-focused. The contradiction of communication makes students worry, and the lack of communication experience makes them overwhelmed.

4.4 The Internal Factors

Students with strong self-esteem will recognize their position in social interaction in a timely manner, have unique ways and methods for different challenges, and can make positive adjustments to their personal ways of doing things. They can be targeted when they encounter difficulties in frustration. They can independently and actively seek change. Repeated and repeated, self-confidence can be improved, and the level of psychological resilience can be relatively improved, so that they can behave appropriately in the current environment and calm down.

5. The Intervention Methods for College Students' Psychological Resilience

5.1 The Comfortable Campus Environment

The rapid economic development, the improvement of the campus environment and the development of modern educational technology have enriched the colorful campus life. Schools should increase investment in mental health education, and add psychological counseling rooms, emotional adjustment rooms, psychological development forums, and other places and activities that are conducive to the improvement and improvement of students' psychological resilience, so that students can find a place to soothe their minds during frustration and anxiety. A good campus atmosphere is also conducive to the development of students' psychological resilience. We should focus on creating the spirit and courage to train students to go against the current, never turn back, and go up against the current.

5.2 The Reasonable Curriculum

The various forms of curriculum links, comprehensive training programs, and a tightly linked curriculum structure can enable students to develop comprehensively and healthily. Mental health education for college students has become a compulsory course for every college student, but supporting practice links are few and far between in colleges. On the basis of national regulations, adding relevant practical activities can make students understand and accumulate more methods in a large number of practical links, so that they have the potential to overcome difficulties, which can achieve the development of psychological resilience.

5.3 The Strong Teacher Resources

In addition to the teacher resources prescribed by the state, psychological counselors and psychological counselors should also be urgently allocated and strengthened. Colleges should strengthen the introduction of professionals in the professional field and raise the threshold for entry. College counselors are closely related to the cultivation of students' psychological resilience, and schools should also strengthen the training and training of talents in this professional field. Broadening the influence channels of mental health education can truly cultivate excellent mental quality talents.

5.4 The Scientific Management Methods

Based on the environment of today's era, it is not difficult to find that the cultivation of talents in colleges mainly focuses on the cultivation of scientific research and employment talents, and the psychological quality and individual development of college students are relatively weakened. The school management model should promote the comprehensive development of students, strengthen the role of administrative management on the basis of teaching management, which made it can better assist higher education and promote scientific research on psychological resilience. Colleges also need to improve the psychological resilience of teachers and college counselors, and students can only take the example of teachers before they can actively cope with difficulties and obstacles.

6. Conclusion

College life is a necessary stage for establishing personal development concept. Individuals have undergone tremendous changes in their understanding and emotions. Psychological resilience, a resource management method that relieves pressure, deserves the attention of higher education. We should strengthen the intervention of students' psychological resilience, reduce the impact of negative risk factors, and master and cultivate sound student qualities which can make them calmly face various hardships and setbacks in their future careers.

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